

Winter Word Search Puzzle

F S K A T I N G H O C K E Y V
 V U S B J T M P W O L P T D W
 P T N P B O O T S F Y S A L T
 S N O W M A N Y C C S T O R M
 E F W T Z L S E I R R U L F S
 S F M L E E L Y E O Y Y D N E
 E O O M E M I A U M A V O I R
 K G B S W O P S B L F W G H U
 A N I H V B P A P W B M N S T
 L I L O B B E N N L O L I K P
 F D E V D U R D O Q U N H I L
 X I N E D B Y W W X J P S I U
 Z L K L N I E L D T L D I N C
 F S V V L R K T F I R D F G S
 T S C R A P E R J W W H T T F

BOOTS
 DRIFT
 FISHING
 FLAKES
 FLURRIES
 FUN
 HOCKEY
 ICY
 PLAY
 PLOW
 SALT
 SAND
 SCRAPER
 SCULPTURE
 SHOVEL

SKATING
 SKIING
 SLIDING
 SLIPPERY
 SNOWBALL
 SNOWBLOWER
 SNOWMAN
 SNOWMOBILE
 STORM
 WHITE

Good intentions last a month on average



10 to Zen

1. Let go of comparing.
2. Let go of competing.
3. Let go of judgments.
4. Let go of anger.
5. Let go of regrets.
6. Let go of worrying.
7. Let go of blame.
8. Let go of guilt.
9. Let go of fear.
10. Have a proper belly laugh at least once a day (esp. if it's about your inability to let go of any or all of the above).

New Year's Day	Fri. Jan. 1
M Luther King, Jr	Mon. Jan. 18
Valentine's Day	Sun. Feb. 14
Ash Wednesday	Wed. Feb. 17
St. Patrick's Day	Wed. March 17
Palm Sunday	Sun. March 28
Passover	Sat. March 27
Good Friday	Fri. Apr. 2
Easter Sunday	Sun. Apr. 4
Mother's Day	Sun. May 9
Memorial Day	Mon. May 31
Father's Day	Sun. June 20
Independence Day	Sun. July 4
Labor Day	Mon. Sept. 6
Rosh Hashanah	Mon. Sept. 6
Yom Kippur	Wed. Sept. 15
Halloween	Sun. Oct. 31
Veteran's Day	Thurs. Nov. 11
Thanksgiving Day	Thurs. Nov. 25
Hanukkah	Sun. Nov. 28
Christmas Day	Sat. Dec. 25



January 2021 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Tammy's Pasty Wiggly 997 Galena Square Drive Galena, IL 61036 (815) 777-1111				1/01/21 The Workshop Closed
1/04/21 Chicken Sandwich French Fries Fruit/Dessert	1/05/21 Eggs, Sausage Potatoes Cinnamon Roll Fruit/Dessert	1/06/21 Goulash Salad with Ranch Bread & Butter Fruit/Dessert	1/07/21 Ham & Cheese Casserole Bread & Butter Fruit/Dessert	1/08/21 Hamburger Mashed Potato Bake Green Beans Bread & Butter Fruit/Dessert
1/11/21 Potato Soup Ham & Cheese Sandwich Fruit/Dessert	1/12/21 BBQ Pulled Pork Sandwich Potato Salad Fruit/Dessert	1/13/21 Hamburger with the works Tater Tots Fruit/Dessert	1/14/21 Popcorn Chicken Cheesy Potatoes California Mix Bread & Butter Fruit/Dessert	1/15/21 Polka Dot Mac and Cheese Bread & Butter Fruit/Dessert

Questions? Call the Jo Daviess County Workshop at 815-777-2211. They offer home
 cooked meals for \$5 Monday-Friday! Full menu on their website
www.theworkshopgalena.org/community-meals-program — For all ages!

ANY QUESTIONS CALL HILLS AND DALES AT 563-556-3305 (CALL BEFORE 8AM DAY OF MEAL PICK-UP IF INTERESTED) \$5 MEALS FOR 60+ — \$6 MEALS FOR 59 AND UNDER.

Monday	Tuesday	Wednesday	Thursday	Friday
4 Loaded Chicken & Potato Casserole Wheat Bread Mixed Vegetable Pears Butterfingers Dessert	5 Beef Tips Over Noodles Asparagus Dinner Roll Fruit Cocktail Chocolate Cake	6 Pork Roast Rice Pilaf Harvard Beets Peaches Banana Bars	7 Apple Glazed Pork Patty Hash brown Casserole Corn Apricots Pumpkin Pie	8 Spaghetti With Meat sauce Breadstick Spinach Salad Strawberries Angel Food Cake
11 Chicken Cordon Bleu Au Gratin Potato Squash Pears Cookie	12 Liver & Onions (Sub: Salisbury Steak) Potato Pancakes Carrots Mandarin Oranges Oreo Dessert	13 Swiss Steak w/Tomatoes Mashed Potatoes Cascade Vegetables Peaches Cheesecake	14 Sweet & Sour Chicken Fried Rice Broccoli Fruit Cocktail Cherry Turnover	15 Sheppard's Pie w/ Mashed Potatoes Dinner Roll Coleslaw Peach Crisp



Employee Spotlight

Amanda is our Iowa Medicaid CDAC Manager. She provides professional and compassionate care to all of her patients and we are grateful to have her on our team!

January Anniversary's	January Birthday's
Teresa R. — January 9th (8 years)	Christine B. — January 15
Ruth G. — January 15 (3 years)	Ryan L. — January 15
	Velma D. — January 24



Creamy Italian Chicken

Serves 4

- 8oz. Fat Free Cream Cheese
- 1 envelope Italian dressing mix
- 4 Chicken Breasts (boneless)
- ¼ c. water
- 1 can Healthy Request Cream Chicken Soup
- 1 can mushrooms drained

Make It:

1. Place chicken in crock pot .
2. Mix water and dressing mix and pour over chicken
3. Beat softened cream cheese and soup until blended in small bowl...pour over chicken
4. Stir to combine all ingredients

* Serve over brown rice or whole wheat pasta
*Above caloric values do not include pasta or rice

Cal: 123
Fat: 2
Protein: 21
Fiber: .5
Sodium: 297
Points: 3

SENIOR CARE

Avoid getting and spreading the flu

- Frequently wash your hands.
- Use hand sanitizer.
- Avoid touching your eyes, nose, or mouth.
- Get plenty of sleep and manage stress.
- Eat well and stay physically active.
- Clean and disinfect things you touch often.
- Avoid contact with people who are sick and things they've touched.

Our after hours service is for emergency calls only, please. Always be sure to have a back up plan in case a staff member is unable to make it. We will contact you ASAP if schedules change. Thank you for your understanding.

24-Hour Care Team

